

## Claims

- [c1] 1.A chest vibrating device comprising:  
a frame to fit around an upper body of a user;  
shoulder pads extending from said frame to rest said frame on shoulders of the user;  
a chest pad extending from a front inside of said frame towards a chest of the user;  
at least one back pad extending from a rear inside of said frame towards a back of the user; and  
a vibrating unit attached to said frame which produces a vibration that travels from said vibrating unit, through said frame onto said chest pad and at least one back pad.
- [c2] 2.The chest vibrating device of claim 1, wherein said frame includes:  
a left arm, said left arm being in a shape of a curve to fit around the upper body of the user, said left arm having a front half of said curve and a rear half of said curve;  
a right arm, said right arm being in a shape of a curve to fit around the upper body of the user, said right arm having a front half of said curve and a rear half of said curve;  
a cross-member connecting said left and right arms together at said front halves;  
said chest pad attached to said front halves of said left and right arms to transfer the vibration;  
said at least one back pad attached to said rear halves of said left and right arms to transfer the vibration; and  
said vibrating unit is attached to said rear halves of said left and right arms.
- [c3] 3.The chest vibrating device of claim 2, wherein a hinge connects said front and rear halves of each of said left and right arms.
- [c4] 4.The chest vibrating device of claim 2, wherein positioning of said left and right arms is adjustable along said cross-member and said vibrating unit.
- [c5] 5.The chest vibrating device of claim 4, wherein said vibrating unit includes

housing rails; wherein said left and right arms include housing rail receivers, which are each a pair of rails in which said housing rails fit between; and wherein said vibrating unit is attached by inserting said housing rails between said pair of rails of said housing rail receivers and fastening together using fasteners.

- [c6] 6.The chest vibrating device of claim 1, wherein said vibrating unit is a housing and a vibrator mounted inside said housing.
- [c7] 7.The chest vibrating device of claim 6, wherein said vibrator is a motor and an offset weight connected to and rotated by said motor.
- [c8] 8.The chest vibrating device of claim 1, wherein said chest pad is one piece and configured to fit a male user.
- [c9] 9.The chest vibrating device of claim 1, wherein said chest pad includes an upper pad and a lower pad, said upper and lower pads connected to a pad bar, said pad bar connected to said frame, and said upper pad, lower pad and pad bar configured to fit a female user.
- [c10] 10.The chest vibrating device of claim 2, wherein there are two back pads and wherein said back pads are attached to an inside of said rear halves of said left and right arms.
- [c11] 11. The chest vibrating device of claim 10, wherein said back pads are adjustable along said inside of said rear halves of said left and right arms.
- [c12] 12.The chest vibrating device of claim 3, further including at least one clamping unit to clamp said front and rear halves of each of said left and right arms together about the user.
- [c13] 13.The chest vibrating device of claim 2, wherein a hinge connects said front and rear halves of each of said left and right arms; and wherein positioning of said left and right arms is adjustable along said cross-member and said vibrating unit.
- [c14] 14.The chest vibrating device of claim 13, wherein said vibrating unit is a

housing and a vibrator mounted inside said housing.

- [c15] 15.The chest vibrating device of claim 14, wherein said vibrator is a motor and an offset weight connected to and rotated by said motor.
- [c16] 16.The chest vibrating device of claim 13, wherein there are two back pads and wherein said back pads are attached to an inside of said rear halves of said left and right arms.
- [c17] 17.The chest vibrating device of claim 13, further including at least one clamping unit to clamp said front and rear halves of each of said left and right arms together about the user.
- [c18] 18.The chest vibrating device of claim 14, wherein said vibrator is a motor and an offset weight connected to and rotated by said motor; wherein there are two back pads; wherein said back pads are attached to an inside of said rear halves of said left and right arms; and further including at least one clamping unit to clamp said front and rear halves of each of said left and right arms together about the user.
- [c19] 19.The chest vibrating device of claim 3, further including at least one clamping unit on each side of said frame to clamp said front and rear halves of each of said left and right arms together about the user.
- [c20] 20.The chest vibrating device of claim 3, wherein a shoulder pad support extends toward the user from said left arm; wherein a shoulder pad support extends toward the user from said right arm; and wherein said shoulder pads are attached to said shoulder pad supports.